



# Mid-Florida Milers Walking Club News

## AVA: America's Walking Club

Issue 2, April-June 2019

This issue of the Mid-Florida Milers News is developed to provide walking info as well as club information. Your comments and requests for information are desired and welcomed to [mflanpher@cfl.rr.com](mailto:mflanpher@cfl.rr.com).

### President's Notes

*Happy Spring! Better get out now and walk, walk, walk before the summer heat and storms set in! Please take a few minutes and look carefully at the Groupworks information that will be coming out to you in the next few weeks. This is a free organizational tool that AVA is using and it is also available to our club. For me, the most important benefit is that our club leaders will have a more effective way to plan, organize and publicize our events! This will be a great timesaver for the club officers, trailmaster, webmaster, and committee members. Also please check the box that you want to receive updates ONCE WEEKLY so that you will not be swamped with emails. Groupworks is a learning curve for ALL of us, so please give it a chance and we will pass along any tips we find to make this really work for Mid-Florida Milers! See the page 6 article. Finally, send a card to Dave Bundy! Dave is living in Kentucky near his sister. He is healthy and well, but is missing his old walk routes and friends. Please reach out to him and keep him in your thoughts! His address is on page 2.*

*Rosemary*

### MFM Membership

By Dave Piatt, Membership Chairman

The current membership is 55 memberships and 81 members as of 3/1/19. This compares to 58 memberships and 86 members as of 3/1/18. We are in a wonderful time of the year to get out and walk. The mornings are still cool and we do not yet have the humidity of the summer months. It is also a good time to renew those New Year's resolutions for getting out and getting some more exercise.

So come join us on one of our many walks around Central Florida and bring along a friend who might enjoy exploring our communities and making new friends.

### Welcome New Members

Kathy and Len Gross & Barbara Burton

### Annual Club Meeting April 13

Please plan on helping the club manage by attending the required annual meeting starting at 8:30 at Another Broken Egg, Winter Park Village. Register and eat starting at 7:45.

In June the AVA National Convention is 9-16 June in Albany. The web site is very interesting. Information on the AVA web site is at [Go to AVA Site](#). There are walks each day. MFM will have a delegate there. In 2017 10 Milers attended the last convention in Montana. Even if you are not attending, the Convention web site is very well presented. If going, please let Sharon, our delegate, know at [skpredham@embarqmail.com](mailto:skpredham@embarqmail.com).



### Walking YREs for less with your Miler Membership

Walking MFM YREs as a Mid-Florida Miler member is easy and less expensive. For the 12 YREs in Orlando and The Villages the club saves you 33% so you can walk for \$2. Easy, buy the \$20 10-walk coupons pack from us at any walk (available by mail for \$22).

Email Sharon: [skpredham@embarqmail.com](mailto:skpredham@embarqmail.com)



See Reservation info in page 3

### Contents

- Page 2, Letters to Editor, Editorial/Opinion
- Page 3, Club Member Travels/Fun Events
- Page 4, Upcoming events, member milestones
- Page 5, AVA Articles/SE Region Update
- Page 6, Read about Groupworks – it is coming
- Page 7-8, Pictures

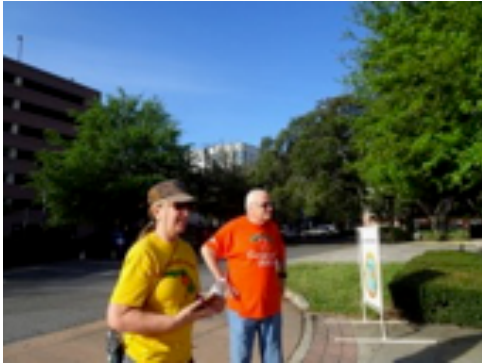
### To the Editor

Subject: From:

Subject: From:

**Example: Your chance to comment**

An old friend stopped by with Jackie Walchuck to walk with us on March 2 at the Orlando North event. Dave Bundy spent 25 years in the club before moving to Kentucky. He retired from the US Government Civil Service in the Test Instrumentation field. He walked in all 50 states by 2005 and accumulated over 1800 walks and 19,000 km. If you want to mail Dave, his address is Magnolia Springs, Box 136, 7665 Ewing Blvd., Florence, KY 41042.



### **Opinion: By Mike Lanpher** **Volunteer Response for Key Help is lacking**

The response to requests for volunteers for some key Bylaws positions help has been one (1). The lack of a social “team” means we are missing out on the “Friendship” part of the club activities and that is unfortunate.

### From the Editor

This is the Second quarter newsletter and the format sent to you requesting inputs earlier in March is implemented. As you can see there are some holes

Club members who are traveling (as Joan and I will be) will have some interesting places to describe. Joan and I are visiting Maine and the Canadian Maritime Provinces with five Canadian walks in our plan before returning thru Quebec and northern New York. Send me some of your fun/neat/unusual visits for the 3d quarter issue by 20 June (we will be in Charlottetown PEI). Space available on page 3 – next time.

**Our required Annual Meeting is April 13. See the April brochure for times at Another Broken Egg Café. A quorum is needed to conduct club**

**Groupworks** was implemented by AVA for clubs. See Rosemary comments on page 1 and a description and MFM plan on page 6.

### **Tom Carter - Congratulations**

Tom and Judy moved here in late 2015 and live in Winter Park. Tom became a club member soon after. Tom is a retired Army Chaplain and began Volkssports in Europe in the 70s. He is an avid hiker and at that time walked multiple day. long distance hikes. He has over 26,000 kilometers earned on those 100km hikes. Being retired Tom did the next best thing to hiking outside, he volunteered at Leu Gardens four hours, 4 days a week. Many, maybe most, of the plants you see during our walk there in May were placed by Tom. This year Tom was honored as the Volunteer of the Year. The picture records Tom at the plant level show he “digs” into his job. Congratulations Tom.



## Fun Events from Members

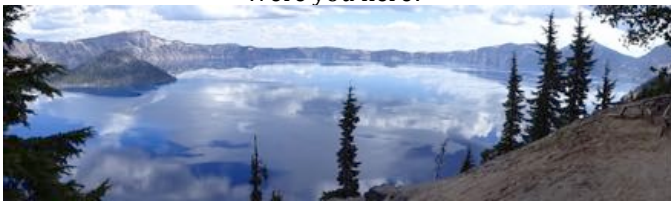
### ***A Carnival in Venice – 1-3 NOVEMBER***

By Alice Lawrence, John McClellan, Rosemary Barna

**Come to A Carnival in Venice.** Headquartered at the Hotel Venezia the three Central Florida clubs conduct our annual our 29th Walk Around Florida in southwest Florida. This is a small, very lovely town that will provide a wonderful opportunity to visit the gulf coast and walk in four varied venues. Venice, population 23,020, is a city on Florida's Gulf Coast. It's known for Venice Beach, with its offshore coral reef, and Caspersen Beach, where shark teeth are often found. Multi-use trails hug the Intracoastal Waterway in Venetian Waterway Park. Venice has been listed in many publications as being the "Shark's Tooth Capital of the World". It hosts the Shark's Tooth Festival every year to celebrate the abundance of fossilized shark's teeth that can be found on its coastal shores. High temperatures are in the low 80s and mornings in the low 60s. Hotel reservation information will be available by mid March. Come join the Happy Wanderers, Mid-Florida Milers, and the host Suncoast Sandpipers for the terrific events, food, fun, and games that Walk Around Florida is always known for. Get your reservation soon as 20% of the block of rooms are already booked. Ramada's Hotel Venezia, 941-308-7700, for Reservations and pet requests. Use code "Walk Around Florida". Rooms are \$89 for double Queens and \$119 for a King Suite.



Someone else's fun times here - Submit by 1 May  
Were you here?



Pictures of Miler's Upcoming Leu Garden Event  
Rose Garden                      Floral Clock



Your input here - Submit by 1 May  
Were you here?



### **President's Day Weekend Walks-Gulf Shores AL**

Five Milers traveled to Gulf Shores AL for the 2019 President Day walks sponsored by Emerald Coast (Panama City) and Georgia Walkers (Atlanta). The new The Lodge by Hilton was a great headquarters for the event and they provided registration and social facilities and with 140 walkers the hotel was full (also sports teams etc). The 6 walks were a mix of city, parks, and beach venues. The 4-day event brought walkers from across the US. Weather cooperated also with cool but no rain. Highlights of the event were the walk in the town of Fairhope and the social at the hotel.



Gulf from the Hotel



Fairhope Storyland Castle – a private home

**Trailmaster Topics** By Mike Lanpher

The interesting thing since November thru March is the unusually low attendance. Three events we were below 20. Since the weather at these walks was nice, the question I ask – what is the reason(s). We had new areas to walk in Apopka north of FL436, one in Goldenrod and another in Hunts Club area on the edge of Altamonte/Longwood (with an Apopka address). All with small participation. Send a letter to the editor (or email Rosemary) to let all know if you are unsatisfied and why.

Great walk 4/13 in Winter Park after the annual meeting – much different area. By the way please attend, as we need your inputs. Breakfast is always great there at Another Broken Egg. In May we walk the new downtown walks and also at Leu Gardens; moving to June we have 3 YRE walks scheduled, one in the Mall – stay cool. Data is on our web site so download the brochure. In the future JoAnne Cross is developing a modification to the Orlando South that plays to a new Special Program, Little Free Libraries. She found 4 more in that area. Sign up for the LFL Program at Greater Des Moines Volkssport Association, Attn: Deb Gaskins, PO Box 110, Des Moines IA 50301-0110. Rules are on the AVA web Site/Events/Special Programs. See the article on page 2 about WAF 29 in Venice Nov 1-3. Join the fun and reserve now. Ramada's Hotel Venezia, 941-308-7700, for Reservations and pet requests. Use code "Walk Around Florida". Rooms are \$89 for double Queens and \$119 for a King Suite.

**Florida has Great Walks** by Mike Lanpher

It is easy to find info on Florida Walks and see what fun is available on day trips from wherever you are in Florida. Orlando area is centered so east, west, north and south walks are all within 3 hours. Even FSU walk is only 4.5 hours (for John H.). Go to Walking Florida ([http://www.walkflorida.org/Walking\\_Florida/Florida\\_Volkssports.html](http://www.walkflorida.org/Walking_Florida/Florida_Volkssports.html)). You will find some interesting information including event and distance book explanations and the milestones Florida Walkers achieved.

DATE	Florida Upcoming Traditional Events	REGISTER
April 13	SS - 35th Birthday Walk @John Chestnut Park Palm Harbor See web site	9-10 am; guided walk 9:15
April 13	FCTF – Jacksonville Springfield Guided Walk	8:30 to 9:00 a.m.
April 17	SS - VolksSouth at Suncoast Sandpipers 35th Anniversary Celebration, Largo	8:30 register; 9:00 walk
April 27	FCTF – Green Cove Springs Guided Walk	8:30 register; 9:00 walk
May 11	FCTF – Julington Creek Guided Walk	8:30 to 9:00 a.m.
May 18	FCTF – Ponte Verda Beach Guided Walk	8:30 to 9:00 a.m.
See HW, SS, and FCTF web sites for Wednesday, Saturday and Sunday group walks of YREs		
The Happy Wanderers. <a href="http://www.happywanderersfl.org">http://www.happywanderersfl.org</a> . Additional walks on Sundays (YREs) & Wednesday evening (fun walks).		
Please see the First Coast Trail Forger web site <a href="http://www.firstcoasttrailforgerswalkingclub.org">http://www.firstcoasttrailforgerswalkingclub.org</a> .		
Please see the Suncoast Sandpipers web site <a href="http://www.suncoastsandpipers.org">http://www.suncoastsandpipers.org</a> , or <a href="https://www.facebook.com/suncoastsandpipers">https://www.facebook.com/suncoastsandpipers</a> .		

Mid-Florida Milers Walks		
6 Apr	Lake Buena Vista – Pirates Cove Golf	8:30-9 am
13 Apr	Winter Park annual meeting/breakfast/walk @ Another Broken Egg Cafe	7:45-9:30 am
13 Apr	Winter Park Walk	9:30 am
4 May	Orlando Downtown @ Beardall Senior Ctr.	9:9:30 am
18 May	Leu Gardens Orlando	8:30-9:00 am
1 Jun	Winter Park @ AMTRAK	8:30-9 am
15 Jun	Altamonte Springs @ Starbucks Renaissance	8:30-9 am
30 Jun	Maitland @ Walgreens	8:30-9 am

MFM Member's Milestones			
Name	City	Events	Dist
Paul Erickson	Maitland	125	
Cathy Rapacki	Gainesville	1000	
Mike Lanpher	Winter Springs	1250	
<i>Courtesy The American Wanderer</i> , March 2019, <a href="http://www.walkflorida.org/Walking_Florida/">http://www.walkflorida.org/Walking_Florida/</a> lists Florida walkers' milestones for the last 8 years.			

**AVA President's Message** (Extract reprinted from *The American Wanderer*, Mar 2019) By David Bonewitz, AVA President



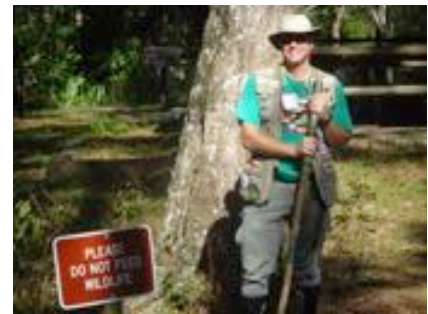
I believe everyone recognizes that AVA is struggling financially. The board and staff are working hard to find areas to trim the budget. While we are seeking partners, other income streams, and investing in a national marketing plan, the long pole in the tent remains participation. Unless we can increase our participation (and the resulting income that produces) we will have to take much more draconian steps to bring balance to the budget. When it comes down to it, the national leadership and the national office can do what they can, but the ultimate success rests with the local clubs.

Participation is where our clubs must step up their game. Do you conduct interesting and fun traditional events or group events where you can meet and greet new participants? Do you reach out to new folks and make them feel welcome? Do you make the most of social media, such as Facebook, Twitter, Meet-Up, etc? Do you seek publicity before and after your events to make your club known in your community? Are you the positive face of the sport? Are you really looking to expand your small comfortable club by inviting participation by new folks? By the board's estimate, we have three to four years to make something happen before we are literally standing on the edge of a cliff. If we are going to keep this sport alive, we must make the necessary effort at the grassroots level. This is the time when we all must be the change that we want to see locally and nationally.

**SE Region** by RD John McClellan (Extract reprinted from *The American Wanderer*, Mar 2019)

Eight new Year Round Events have been added to the Southeast Region for 2019 that you may not be familiar with. Below are the event locations, name of the events, walk descriptions and host clubs. When you are passing through the Southeast Region, schedule one or more of these new events into your travel plans.

Athens, Georgia: North Oconee River Greenway, a gateway to outdoor exploration that features 225 acres of woodlands and wetlands; Comer, Georgia, the park has focused mainly around the historic covered bridge; Kennesaw, Georgia: Kennesaw Mountain National Battlefield Park, a good mountain hike; Canton, North Carolina: Mountain to Seas Trail, Segment #3; Hot Springs, North Carolina: Appalachian Trail; Snow Hill, North Carolina, a walk through a beautiful town, home to 1,614 residents; Greenville, South Carolina, Lake Conestee Nature Park consists of 400 acres of beautiful natural habitat on the Reedy River; Appalachian Trail, Tennessee: Appalachian Trail Tennessee is an extended distance event covering the 288 miles.



**AVA Fund Raising is at \$63,267 as of March 31 from 320 donors**

**The goal is \$78,000**

**AVA Monthly News, Checkpoint, Available Via Email to All Club Members Who Request It**

To receive an electronic copy of the AVA Monthly information paper, Checkpoint, send an email requesting that you be put on our distribution list for the Checkpoint. Please note on the subject line: "Request for Checkpoint". Send your request to Samanta at [samanta@ava.org](mailto:samanta@ava.org).

## **Groupworks – an AVA Communication Initiative**

This article is the 1st introduction to this new communications tool that simplifies some of our management responsibilities and allows all members to receive updated information periodically. It allows direct communications within the membership and reminders. You select the frequency of communications. GroupWorks has in place a strict privacy policy. Those that are within GroupWorks experienced possibly excess number of messages as we entered 5 planned events and made a few posts to get information. You can select the number of posts you get where you sign up.

### **What is Groupworks**

GroupWorks is a free club management platform that simplifies member communications, handles event scheduling, connects clubs to potential sponsors and frees up quality time for group leaders and members to do more of what they love, walking! In an effort to grow AVA and streamline communication for all members AVA decided to explore GroupWorks' club management online platform. GroupWorks provides online tools in a simple to use format to enhance management.

### **How did MFM start with GroupWorks?**

AVA first implementation was in November to all 220 club officers, 10 state organizations officers and National Officers. MFM officers carefully limited those involved for the 1st two months and then added 14 more members in February that are volunteers for positions like Route Monitor, Membership, Publicity, Web manager. This was to develop some usage information and find issues. In mid-March we held a meeting to discuss what we had learned, how MFM could benefit by its use, and how we could implement this with the total membership. This will allow us to provide more information before asking you to join in.

### **The goals for MFM are:**

1. Manage the club and members via group messaging and emails
2. Event management (One source for FB, web, and publicity data)
3. Collect payments (Future consideration)
4. Share photos, videos, ideas and updates (It is not a FB, but info on the last event, ideas for the next event, and inputs to all members)
5. Other uses as we develop the system.

Rosemary will make this topic part of her comments at our annual meeting on April 13.

AVA's discussion was placed in the AVA monthly Checkpoint in December.

GroupWorks has a large stable of organizations from RVing to quilting to gardening to motorcycling clubs. AVA is a recent addition with 220 individual clubs and thousands of club members. Go to the link for a summary on how it works.

Questions ask Rosemary or Mike.

Pictures of Miler's Events

March 2 Orlando North



Cathy presents Marks St. Supervisor Certificate of Appreciation



Start awaiting Walkers



Sharon & Rosemary entering Menello Museum Grounds



Rosemary presents Publix Employees Certificate of Appreciation for hosting 2/16 event

March 16 Celebration #1



Anhinga drying wings



# Pictures of Miler's Events - Continued

March 30 Orlando Wetlands Park, Christmas



Walkers coming along Lake Searcy



10K walkers at Checkpoint on Lake Searcy



Finish table - Dan & John  
Nancy & Howard observing  
At rear Joan & Marcia prepare lunch

